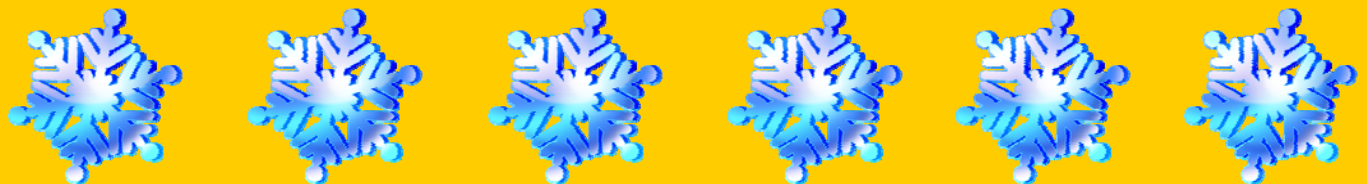


WINTER 2010/2011



WINTER MEMORIES



TOWN OF VIENNA PARKS AND RECREATION

120 CHERRY ST. SE

VIENNA, VA 22180

PHONE: 703-255-6360 / FAX: 703-255-6399

WWW.VIENNAVA.GOV

www.facebook.com/TownofViennaVA

www.twitter.com/TownofViennaVA

YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE – Boys ages 13 – 18, call Clark Gray for information at 703-698-6808. Website: www.leaguelineup.com/viennababeruth

VIENNA LITTLE LEAGUE – For children ages 5 – 12, Little League also sponsors T-ball program. For further information call VLL voice mail at 703-573-3339. E-Mail at cerv1939@aol.com

VIENNA GIRLS SOFTBALL LEAGUE – Softball program for girls ages 6 – 18, for more information call VGSL voice mail at 703-281-5216. Website is www.vgsl.org

VIENNA YOUTH INC. – Programs in football, lacrosse, rugby and wrestling for boys, and cheerleading for girls ages 7 – 16 and basketball and track for boys and girls ages 7 – 16. For more information please contact the sport of interest at the phone number listed below or visit www.vyi.org

Football – Dave Hall – 703-242-4354 – chall14@cox.net

Wrestling – Glenn Yorkdale

Basketball – Jay Brigham – 703-277-2802 – brighamj@verizon.net

Cheerleading – Lisa Youngers – 703-876-0868

Lacrosse – Mary Ford – 703-281-3221

Rugby – Barr Snyderwine – 301-765-2070 – snyderwine@aol.com

Volleyball – Bob Bell – 703-938-2208 – volleyball@vyi.org

VIENNA YOUTH SOCCER – For boys and girls ages 5 – 18, call VYS voice mail at 703-242-3828 for information. Website is www.vys.org

DIRECTOR

Cathy Salgado 703-255-6356

ADMINISTRATIVE ASSISTANTS

703-255-6360

Nancy Riddel, Monday and Tuesday

Libby Sanders, Wednesday, Thursday and Friday

COMMUNITY CENTER MANAGER

Leon Evans 703-255-6355

PARKS

Al Garlock, Park Superintendent 703-255-6335

John King, Parks Supervisor 703-255-6336

Gary Lawrence, Arborist/Horticulturist 703-255-6309

RECREATION

Amy-Jo Hendrix, Recreation Program Supervisor 703-255-6357

Brandy Wyatt, Teen Center, Teen Classes and 703-255-5721

Teen Camp Coordinator

Enrique Guzman, Sports, Fitness and Summer 703-255-6352

Camp Coordinator 703-255-7801

Cheryl Harlan, Mature Adults Coordinator

PHONE NUMBERS

Community Center Front Desk 703-255-6360

Fax 703-255-6399

Weather, Special Events and Sports Line 703-255-7842

Virginia Relay Center 711

BUSINESS OFFICE HOURS

MONDAY - FRIDAY - 8:00 a.m. - 4:30 p.m.

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VISIT US ON



ON-LINE REGISTRATION WEBTRAC

How does it work?

- If you have registered for a class or program from January 2003 to present, you have been assigned a user name and password.
- The user name is your household ID# and your password is your household ID#.
- If we have an up to date email address, your user name and password have been sent.
- For those who do not have email addresses, your user name and password have been mailed. If you have not received a letter or email, you must fax, mail, or drop off a completed registration form.
- If you have questions about your user name or password please call the community center at 703-255-6360.
- Log onto our website www.viennava.gov and click on the **WebTrac** icon.

WEBTRAC REGISTRATION INSTRUCTIONS

1. Welcome Page - Click "Continue to Log-In"
2. Enter your user name and your password (Household ID #) and click Sign-In. You will be instructed to change your password the first time you log on.
3. To register, select the "Shop" option and then select "Activity Enrollment".
4. Enter the 6-digit activity number and the letter number section identifier of the desired activity/program.
5. Select the family member whom you wish to enroll from the "Family Member to Enroll" pull-down box.
6. Follow directions on the screen.
7. Review your billing information and click on the "GO" button to begin the payment authorization process.
8. Next, review the on-screen warning, click the Continue button. You MUST WAIT until your receipt appears before trying to navigate in your browser.
9. Click the "OK" button to view a copy of your receipt.
10. Your receipt should appear in your browser and you can print and/or save receipts for your records.
11. Once you have closed your receipt your transaction is complete and you can select from three options: "back to home page", "more shopping" or "finished"
12. If you experience difficulties, please call our main number at 703-255-6360.

IMPORTANT TID BITS

You will be logged off the system after five minutes of inactivity. You must close your receipt for your transaction to be completed.

HISTORIC VIENNA, INC.

HISTORIC VIENNA, INC. is in need of volunteers to help staff and coordinate both old and new programs. Areas of need are: Tour Guides and Store Docents. Hours and times may vary. We will train. Call 703-938-5187.

FREEMAN HOUSE AND STORE

Located at 131 Church St. NE, the Freeman House and Store is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Tours may be scheduled by calling 703-938-5187.

Store Hours:

Wednesday through Sunday

Noon - 4:00 p.m.

The Store is closed during the month of January.

LITTLE LIBRARY

The Little Library is now open the first Sunday of each month (except January) from 1:00 p.m. to 4:00 p.m.

AMERICANS WITH DISABILITIES ACT

The Vienna Parks and Recreation Brochure will be made available in large print or on Audio Cassette upon request. Call 703-255-6360 or Virginia Relay Center 711

The Town of Vienna does not discriminate on the basis of disability in the administration or access to or treatment or employment in its programs or activities. The Director of Public Works at 127 Center St. S, Vienna, VA 22180 has been designated to coordinate ADA compliance.

This location is fully accessible to persons with disabilities. Translation needs to be requested in writing at least seven working days before the day of the event.

Registration

In-Town - November 1

Out-of-Town - November 8

REGISTRATION DATES AND TIMES

- In Town (walk-in / mail-in / webtrac / fax) - November 1 - 8:00 a.m.
- Out of Town Registration **WebTrac**, fax, mail-in, walk-in begins November 8 at 8:00 a.m.

Registration can be dropped off in the main lobby of the Community Center

Monday - Friday - 8:00 a.m. - 10:00 p.m.

Saturday 9:00 a.m. - 6:00 p.m.

Sunday 12:00 p.m. - 7:00 p.m.

Due to the large number of registrations, webtrac and the number of people entering registrations, mail in, drop off and faxes are randomly entered.

REGISTRATION FORM

- Please use a separate registration form for each distinct household. Example: do not sign up your neighbor or family member residing at a different address on your form.
- Please include complete address, phone numbers and email information.
- Include activity number, section, name and birthdate.

FEES

- Full payment must be included with your registration form.
- Sending the incorrect fee will delay your registration.
- **Forms of payment** are CREDIT CARD (American Express, Discover, Master Card or Visa), CHECK (made payable to the Town of Vienna) or CASH (exact change only).
- **R** next to the fee indicates individuals that reside within the corporate limits of Vienna.
- **RS R** next to the fee indicates seniors 65 and over that reside within the corporate limits of Vienna.
- **NR** next to the fee indicates individuals that reside outside the corporate limits of the Town of Vienna.
- When registering for more than one class, please submit a separate check or money order for each class. If a class is full, this will eliminate holding up your registration for the other classes. A \$25 fee is charged for returned checks.

TOWN OF VIENNA CITIZENS 65 AND OVER

Individuals over the age of 65 residing within the corporate limits of the Town of Vienna may register free of charge for all classes except those marked with an **s/c**. **RSR** next to the fee indicates resident 65 and older residing within the Town of Vienna pay 1/2 the class fee. A materials fee will be charged when applicable.

AGE REQUIREMENT

Participants must meet the age requirements by the start of the program.

CANCELLATIONS

We reserve the right to cancel a class, program or special event due to insufficient enrollment. All programs require a minimum number of participants. Programs are normally cancelled one week before each session begins. A full refund will be given. PLEASE REGISTER EARLY!

REFUNDS AND CREDITS

Refunds - To obtain a full refund or credit a request must be submitted 14 calendar days prior to the start of the program. Refunds take up to 4 weeks to be processed.

A refund requested less than 14 calendar days prior to the start of the program will incur a 50% penalty (\$50 max) per program.

Credits - There is no fee for a household credit submitted 14 calendar days prior to the start of the program. A household credit requested less than 14 calendar days prior to the start of the program will incur a 10% penalty per program. Credits are good for one year.

No refunds or credits will be given after the first class without a doctor's note. No refunds will be given for materials fee or Pottery Lab.

Trips - No Refunds or credits will be issued within 30 days of the trip. Please note some trips require a deposit, deposits are non refundable.

PRORATED CLASSES

We will prorate classes for students registering late for a class, however, we cannot prorate the class fee for students who will miss classes in the middle of the session.

CLASS LOCATIONS

Please note that pottery classes are held at the Bowman Arts and Crafts Center, 211 Center St. S. All other classes are held at the Community Center unless otherwise noted. Locations are fully accessible to persons with disabilities. Requests from persons with disabilities are to be made in writing at least seven (7) working days before the day of the event. Call 703-255-6360.

HOLIDAYS, TEACHER WORKDAYS AND SNOW POLICY

- If there is no school because of a holiday, all classes are canceled.
- Classes will meet when school is closed for teacher workdays.
- **Snow Policy** - We will follow Fairfax County Schools with regard to snow. If school starts late, morning classes are cancelled through 12:00 p.m. If school closes early, afternoon and evening classes are cancelled from 12:00 p.m. on. If classes are canceled due to snow for the day all our classes are canceled. Canceled classes due to snow will be made up.

CONFIRMATION POLICY

Please note the date and time of your class. If registering by Webtrac a confirmation can be printed from the screen. For In person, drop off, mail-in and faxes a confirmation will be mailed to you within one week. We may also need to notify you if your class is cancelled or changed, therefore we must have a day time telephone number and e-mail address.

GENERAL POLICY

- Please arrive on time for classes. We cannot hold up a classroom of students for those that are late.
- TO ENSURE THE SAFETY OF YOUR CHILD PLEASE ACCOMPANY YOUR CHILDREN TO AND FROM THE CLASSROOM.
- Please pick up your children promptly at the end of class. Before and after class supervision is not available. We may find it necessary to charge an additional fee of \$10 to parents who are late in picking up their children. After two late pick ups children will be unable to attend future classes and parents will not receive a refund.
- We will reschedule all classes we cancel; however, we cannot reschedule classes for students who miss classes.

BEHAVIOR POLICY

- Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class experience for other class members will be asked to withdraw from the class. You will receive a refund for the balance of the class, however materials fees or pottery lab fees will not be refunded.

WEBTRAC

- **WEBTRAC WILL ALLOW YOU TO REGISTER ON-LINE.**
- **WebTrac** can be found on the internet by going to www.viennava.gov and clicking on the **WebTrac** icon.
- Some trips, programs and events may require you to come to the Community Center or to fax or mail-in registration.
- Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card or Visa). After you have selected the classes for which you want to participate you will be taken to the payment screen. Simply follow the directions.
- **WebTrac** is secured by Verisign-Thwart and your credit card information is not viewable by any outside parties.

IN ORDER FOR US TO KEEP YOUR INFORMATION UP TO DATE REMEMBER TO NOTIFY US OF A CHANGE OF ADDRESS, PHONE NUMBER, EMAIL, ETC.



SANTA VISITS FREEMAN HOUSE

131 Church St. NE
Vienna, VA 22180

Sunday - *December 5*

and

Saturday - *December 11*
1:00 p.m. - 3:00 p.m.



FAMILY SKATE NIGHTS

Ages: Entire Family

Families can enjoy Friday evening skating in the Community Center Gymnasium. The cost is \$1.00/person. Participants are required to bring their own skates and safety equipment. Please, NO SCOOTERS – roller skaters and in-line skaters only. Children without skates must remain off the floor for safety reasons. Parents are required to stay and are welcome to participate. Safety equipment is strongly recommended!

January 14 – March 25

(No Skating January 28 and February 25)

Fridays from 6:30 p.m. – 8:00 p.m.

Fee: \$1 / person



LUNCH WITH SANTA



Santa will visit the Vienna Community Center to hear all your holiday wishes on Saturday December 11, from 11:30 a.m. - 12:45 p.m. Santa's elves get lots of help from the Vienna Fire Department Ladies Auxiliary in preparing lunch; hot dogs, chips, juice and cookies. Turley the Magician will provide entertainment after lunch.

December 11

11:30 a.m. - 12:45 p.m.

Cost: \$5.00 per person (under 1 free)

A maximum of 6 tickets can be purchased per family

At least one parent must accompany children and a ticket must be purchased for each parent and child.

Tickets go on sale for In Town residents on Saturday, November 20, from 8:30 a.m. - 9:30 a.m., and Out of Town residents can purchase any remaining tickets beginning November 22nd.

PLEASE BRING IN A NEW, UNWRAPPED TOY FOR THE VIENNA POLICE DEPARTMENT'S SANTA RIDE AT THE TIME YOU PURCHASE YOUR TICKETS.

SANTA GRAM

The elves will be busy this year delivering mail for Santa to read and reply.

Mail your wishes to Santa by December 1 and the elves promise Santa will reply:

Santa

c/o The Vienna Community Center
120 Cherry St. SE
Vienna, VA 22180

MOMS AND DADS

All mail will be received from the North Pole and will be mailed to your child. **PLEASE MAKE SURE TO FILL OUT YOUR COMPLETE ADDRESS WITH ZIP CODE!**

Moms and Dads also please make sure your child's full name is printed clearly somewhere on their letter.





POTTERY SHOW AND SALE

Bowman House Arts and
Crafts Center
211 Center St. S.
Saturday - November 13
10:30 a.m. - 3:00 p.m.

50th ANNUAL HARVEST BAZAAR FALL FESTIVAL AND CRAFT SHOW

Sponsored by the VIENNA WOMEN'S CLUB
with assistance from the Town of Vienna

Saturday, November 13

9:30 a.m. to 4:00 p.m.

Member's Bake Sale

Breakfast and Lunch Items for Sale

Children's Activities

*Proceeds to provide scholarships to students of
Vienna area schools*

ANNUAL CHURCH STREET HOLIDAY STROLL

November 29, 2010

Santa will arrive to greet children at the Historic Freeman Store. Various local musical groups will perform throughout the evening. Mayor Jane Seeman will light the Holiday Tree. Church Street will be closed to traffic during the event. All merchants along Church Street will remain open for holiday shoppers. For more information, please call Historic Vienna at 703-938-5187.

MATURE ADULT THANKSGIVING POT LUCK BRUNCH AND SING-A-LONG s/c

Vienna Community Center Multi-Purpose Room

Raise your spirits and your voices as you join our annual Thanksgiving pot luck brunch and sing-a-long event. Each year, our ***Writing Your Personal History Class*** enjoy sharing good food, friendship, fun and music. For the second year in a row, we are opening this event to the general public. There is no fee to attend this brunch, however you are asked to bring a dish that serves about 8. We will have a maximum of 50 festive folks at this gathering, but you need to share your dish with only a minimum of eight. If you would like to feed more, feel free to bring along larger servings. Following our brunch we will have a festive sing-a-long for all attending, complete with musical instruments. **There is no fee, but you are asked to bring a lunch contribution to share with others. ADVANCED REGISTRATION IS NECESSARY.**

November 18

241240C1 -Th - 10:30 a.m. - 12:30 p.m.

No Fee - Bring something delicious to share with others.

OPEN MIC NIGHT

SATURDAY

October 16, November 20, and December 18
Vienna Community Center
7:00 p.m. - 9:30 p.m.

Do you sing? Play an Instrument? Recite Poetry?
If so please join us for a night of entertainment.

Open to all ages and all levels of talent.

No cover charge, light refreshments will be served.

Pre-registration for performers.

Call Jim Dowell at

703-286-3427 (day) or 703-207-0030 (evening)

PARENT PROGRAM: SOCIAL NETWORKING, CYBERBULLYING & UNDERSTANDING THE IMPORTANCE OF A POSITIVE ONLINE DIGITAL REPUTATION

Ages: Adult

**Instructor: Iris Beckwith, President of
connectED4safety, LLC**

Ms. Beckwith has 17 years of prevention education experience with Childhelp USA, the Internet Keep Safe Coalition, and has provided training to Penn State University's Department of Education, D.A.R.E. America, Schoolwires, Inc. and many other organizations. During her informative session you will learn information about the latest trends in social networking, Facebook, cyber bullying, texting, sexting, GPS tracking and the effects on teens. Also, you will get information on how to monitor your child's technology use and ways to manage their digital footprint. This seminar will offer up to date information on the ever changing technology in your child's life. Please register in advance. The seminar is free and open to all parents and other community members invested in our children's welfare.

January 26

322300 A1 - W - 7:00 p.m. - 9:00 p.m.

Free

Registration

In-Town - November 1

Out-of-Town - November 8

FREE CONCERT
At the Vienna Community Center

SUNDAY - FEBRUARY 13 - 1:30 P.M.

ANNAPOLIS BLUEGRASS



ANTIQUES SHOW AND SALE

Enjoy browsing through one of the finest Antique Shows in the area. Dealers from all over will show and sell a variety of furniture and collectibles.

Friday - February 25 - 11:00 a.m. - 6:00 p.m.

Saturday - February 26 - 10:00 a.m. - 6:00 p.m.

Sunday - February 27 - Noon - 5:00 p.m.

Admission: \$4.50

Dates and times may change. Please call the Community Center the week before for any changes.

PHOTO CONTEST AND EXHIBIT

Open to Metropolitan Area
Amateur Photographers.

Entries Accepted:

Thursday - March 17 - 5:00 p.m. - 8:30 p.m.

Friday - March 18 - 12:00 Noon - 3:45 p.m.

Exhibit Dates:

Saturday - March 19 - 10:00 a.m. - 3:00 p.m.

Sunday - March 20 - 12:00 noon - 3:30 p.m.

Entry Fee:

\$10 per person limit four photos with a maximum of two in any one category.

Applications will be mailed out on February 1, 2011. Local professional photographers judge the show. Ribbons will be awarded in eight Categories: animals, architecture, digital, nature, pictorial, photojournalism, portraiture, and scenic. There will be a separate Middle School and High School Section for students.

Assisted by the Vienna Photographic Society

Vienna Theatre Company
presents

Almost, Maine

Romantic Comedy

By John Cariani

Directed by Suzanne Maloney

**Produced through special arrangements with
Dramatists Play Service, Inc. New York, NY**

ALMOST, MAINE was developed by

The Cape Cod Theatre Project

Professional Premiere Production

Portland Stage Company

Anity Stewart, Artistic Director

Tami Ramaker, Managing Director

Originally produced in New York by

Jack Thomas/Bulldog Theatrical and Bruce Payne

THE STORY

"On a cold, clear, moonless night in the middle of winter, all is not quite what it seems in the remote, mythical town of Almost, Maine. As the northern lights hover in the star-filled sky above, Almost's residents find themselves falling in and out of love in unexpected and often hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend - *almost* - in this delightful midwinter night's dream."

Show Dates

January 21, 22, 28, 29, February 4 and 5 - 8:00 pm

January 30 and February 6 - 2:00 p.m.

Tickets

\$13 / \$11 (Student and

Senior Citizens 65 and older)

TICKETS GO ON SALE

DECEMBER 8

AUDITIONS FOR

Almost, Maine

November 9 and 11

at 7:30 p.m.

**Casting 4-12 actors 25-65 (mix of
men and women). Cold Readings
from the script.**

**Contact Suzanne Maloney at
vtcshows@yahoo.com with any
questions**



PHILADELPHIA FLOWER SHOW s/c

The 2011 Philadelphia International Flower Show will transport visitors to the beautiful City of Light – the capital of art, fashion, food and love. A blooming “Springtime in Paris” will greet guests with a bucolic park scene along the Seine. Flowering trees, lilacs, roses and borders of lavender will lead visitors through gardens inspired by the Tuileries. In the distance, a daring Moulin Rouge atmosphere will pulse with cabaret performances, spectacular flower sculptures and carousel topiaries. Shoppers - Find a bustling Marketplace with an array of take-home products to get the garden started, the official Flower Show Shoppe with 2011 Show merchandise, and a World Bazaar of beautiful and exotic crafts and products. Foodies will love the International Wine and Spirits Garden, presented by the PA Wine & Spirits Stores and the International Dessert and Coffee Bar. Fee includes transportation and admission to show with all-day re-entry privileges. Bus will depart Community Center at 8:00 a.m. and return around 7:00p.m. Please call the Vienna Community Center in early February for pricing and date.

March 9

351560 A1 - W - 8:00 a.m. - 7:00 p.m.

Fee: R \$70 / NR \$87.50



CHARLESTOWN, WV RACES/SLOTS/TABLE GAMES s/c



Come with us to Hollywood Casino at Charlestown, WV. Come play

over 5,000 slots and 85 table games including Black Jack, Craps, Roulette, Three and Four card poker, and Let it Ride. The bus departs the Community Center Friday at 10:00 a.m. and returns around 5:30 p.m. Treat yourself to the best West Virginia has to offer at Charlestown. The cost includes bus transportation.

December 3

251181 A1 – F

Fee: R \$35 / NR \$43.75



MATURE ADULT

Mature adult trips are open to persons ages 50 and over. Advanced registration is required for all trips as space is limited. There is no discounted fee for Mature Adult trips. R indicates the Town of Vienna resident rate. NR indicates seniors residing outside town limits. People under 50 may participate in trips, if space allows.

A HOLIDAY TRIP TO SHEPHERDSTOWN WITH BUFFET LUNCH AT THE BAVARIAN INN COMPLETE WITH HISTORY, CULTURE AND SHOPPING TIME s/c

Shepherdstown, West Virginia

Partake in holiday cheer as we travel to the famed Bavarian Inn and the quaint Town of Shepherdstown to enjoy a sumptuous buffet and local color. Included in the culinary experience will be two appetizers including a yummy soup and choice of a salad, two entrée items including roasted salmon, Sauerbraten, tenderloin tips, German Bratwurst, vegetable lasagna and more, side choices include spaetzle, marinated red cabbage, roasted root vegetable medley, then desserts include assorted cakes, pies, pastries cookies, brownies, fruit, beverages and breads. We will also be having a professional tour guide joining us for the day. Before lunch we will have a culture and history tour of the area. After lunch we will have a presentation in our dining room, the Hunt Room. We will have a chance to digest our lunch while strolling in and out of the many colorful shops and venues in the downtown area, where shopping might become a must! Your day's experience will make it easy to understand why so many folks are retiring to this historical and fun-filled recreational area and college town. **ADVANCE REGISTRATION IS NECESSARY. INCLUDED IN THE TRIP COST IS LUNCH, TRANSPORTATION AND GUIDE FEES. THIS TRIP IS LIMITED TO 32 ENROLLEES.**

December 3

341240 A1 – F- 8:30 a.m. – 6:00 p.m.

Fee: R \$68 / NR \$85

UNITED STATES ARMY BAND CONCERT AT CONSTITUTION HALL s/c

Washington, D.C.

Join the United States Army Band “*Pershing's Own*”, the premiere musical organization of the United States Army on our holiday trip to Constitution Hall. This year a spotlight will be shined on the many talented musicians who are members of the U.S. Army Orchestra, U.S. Army Chorus and vocalists from the U.S. Army Band. Also performing will be Downrange featuring country music artist, Mark Willis. There are no reserved seats for this popular concert date. We will plan on being at the theatre two hours before the 3:00 p.m. so we can get good seats. This event is limited to the first 30 people to register.

Fee includes transportation. The tickets are complimentary. Register Early!

December 12

341240 B1 - SU – 12:30 p.m. - 6:00 pm.

Fee: R \$20 / N \$25



MUSIC TOGETHER® OF VIENNA

Ages: Birth – 6 and their moms, dads, or caregivers

Instructor: Tuesday and Friday - Linda Criscitello

Saturday - Gail Browne

Come experience the joy of family music with music and movement classes for infants, toddlers, preschoolers, kindergartners and the grownups who love them.

Children of mixed ages participate at their own level by singing, moving, chanting, listening and exploring with musical instruments. Any caregivers-parents, grandparents, nanny-can bring the children. Adults participate with the children and receive music development information. There is no charge for siblings under eight months (at start date of class). For more information, please call Linda at 703-424-7295.

Curriculum fee: \$38 per family, check payable to Music Together of Vienna, due the first day of class. This includes two professionally recorded CDs of the semester's collection, a songbook with illustrations, activities and parent education. In addition, all families new to Music Together receive a DVD explaining our principles, research and philosophy.

January 11 - March 22 (No class February 1)

308140 A1-T - 9:30 a.m. - 10:15 a.m.

308140 B1 -T - 10:30 a.m. - 11:15 a.m.

Fee: R \$162 / NR \$202.50 - Ten classes

January 14 - March 11

(No class February 25)

308140 D1 - F - 9:30 a.m. - 10:15 a.m.

308140 E1 - F - 10:30 a.m. - 11:15 a.m.

Fee: R \$129.60 / NR \$162 - Eight classes

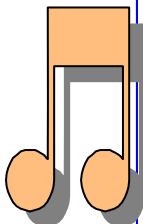
January 8 - March 19 (No class February 26)

308140 G1 - S - 9:00 a.m. - 9:45 a.m.

308140 H1 - S - 10:00 a.m. - 10:45 a.m.

308140 I1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$162 / NR \$202.50 - Ten classes



HOP 'n BOP™

1 1/2 - 4 years with caring adult

Instructor: Mariana Pino

Here's an indoor play adventure for the curious and busy child! In this new program designed by Classic Tales 'n' Tunes® LLC, children and their parent or caregiver explore a variety of gross motor equipment and instruments together in a fun, music-infused atmosphere. Children climb, bounce, tap, roll, balance, jump and pretend, developing their self esteem, motor coordination, body awareness, social skills and creativity. All materials are included. Adult participation required. Find out more at www.classictnt.com

January 10 - March 14

(No class January 17 and February 21)

309421 A1 - M- 9:00 a.m. -9:45 a.m.

Fee: R \$132 / NR \$165 - Eight classes

CLASSIC TALES 'N TUNES®

Ages 18 months - 5 years with a caring adult

Instructor: Mariana Pino

Young children and their caregivers share a joyful adventure in learning through expressive arts, reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each lesson explores a theme through a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. This award-winning multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity.

Siblings of enrolled students attend for FREE if 11 months or younger, and otherwise may register with instructor's permission. All materials are included. Visit www.classictnt.com to see why families love Classic Tales 'n Tunes!

January 10 - March 14

(No class January 17 and February 21)

309420 A1 - M- 10:00 a.m. - 10:45 a.m.

Fee: R \$132 / NR \$165 - Eight classes

HAPPY HANDS™

Birth - 17 months with caring adult

Instructor: Mariana Pino

Step out of the hustle and bustle of life and reserve this precious time for you or your loving caregiver to bond with your baby or toddler through wonderful music and movement activities. Sing, dance, learn finger plays with American Sign Language, and even a little Spanish, and play parachute games in this engaging class, designed by the creator of Classic Tales 'n Tunes®. Nurture your child's development of listening, language, fine and gross motor skills while having fun! All materials are included. Visit www.classictnt.com to learn more!

January 10 - March 14

(No class January 17 and February 21)

309420 B1 - M - 11:00 a.m. -11:45 a.m.

Fee: R \$132 / NR \$165 - Eight classes



MUSICAL THEATRE FOR EARLY LEARNERS

Ages 3-6

Instructors: Babs Dyer

Welcome your "Theatrically Inclined" preschooler to their first theater experience. Each class will incorporate activities that your child will need to actively participate in such as, songs, dance and acting that create the magic of theater. Parents please pack a snack. **Children must be toilet trained to attend.**

January 19 - March 9

309333 A1 - W - 9:30 a.m. - 11:30 a.m.

Fee: R \$96 / NR \$120 - Eight Classes

PEP PROGRAM – SPORTS FOR KIDS

Ages: 4 – 6

Instructors: Helen Petrakes and Chris Kurtzman

The focus of this program is to teach children the fundamentals of team sports such as soccer, basketball, baseball, hockey, and volleyball in a safe, fun environment. Children have the opportunity to release some energy and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed in this class.

Please bring a water bottle to class!

January 13 – March 24 (No class February 24)

304706 A1 – TH - 9:45 a.m. – 11:00 a.m.

Fee: R \$150/ NR \$187.50 – Ten classes

January 12 – March 23

304706 B1 – W - 1:30 p.m. – 2:45 p.m.

Fee: R \$165/ NR \$206.25 – Eleven classes

January 13 – March 24

(No class February 24 and March 17)

304706 C1 – TH - 1:30 p.m. – 2:45 p.m.

Fee: R \$135/ NR \$168.75 – Nine classes

ACT IT OUT!

Ages 4-6

Instructor: Pooja Chawla

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class! So, come join us this fall! Note: All material fees are included in the price.

January 25 - March 15

318142 B1 - T - 4:15p.m. - 5 p.m.

January 29 - March 26 (No class February 26)

318142 C1 - S - 10:15 a.m. - 11:00 a.m.

Fee: R \$86 / NR \$107.50 - Eight classes

YOUTH OPEN GYM

Ages 6 – 11

Monday, Wednesday, Friday

3:00 p.m. – 4:00 p.m.

Ages 12 – 17

Monday, Wednesday, Friday

4:00 p.m. – 5:00 p.m.

Special Holiday Break Hours

December 23 – December 30

Ages 6 – 11

1:00 p.m. – 3:00 p.m.

Ages 12 – 17

3:00 p.m. – 5:00 p.m.

Please call ahead to ensure that the gym will be open, 703-255-6360. The schedule is subject to change at any time.

Gym Closed:

December 6, 13, 24

January 3- 5, 10-12, 17-19, 24-26, 31

February 2, 7-9, 14-16, 21-28

March 2, 7-9

**NO TEAM PRACTICES OR COACHING
PERMITTED**

Registration

InTown - November 1

Out-of-Town - November 8

Indoor Tennis Everyone with FirstServe Tennis

Bring a tennis racket and a smile. We'll provide the fun, friendly and supportive tennis instruction! Classes will be conducted using modified nets and tennis balls designed to work well on the gym floors. All make-up classes will be held during the following 2 weeks of class due to inclement weather. **Call 703-868-8172 or visit www.tenniseveryone.net for more information.**

All classes are held in the Vienna Community Center Gymnasium.

Little Shots Tennis Classes (Inside)

Ages: 4-6: Tennis Fundamentals

November 22 – December 13

304040 C1 – M - 1:00 p.m. – 1:45 p.m.

304040 D1 – M - 2:00 p.m. – 2:45 p.m.

Fee: R \$72 / NR \$90 – Four classes

Ages: 4-6 – Tennis Fundamentals

January 3 – March 14

(No class January 17 and February 21)

304040 A1 – M - 1:00 p.m. – 1:45 p.m.

304040 B1 – M - 2:00 p.m. – 2:45 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

January 5 – March 16

304040 E1 – W - 3:00p.m. – 3:45p.m.

Fee: R \$198 / NR \$247.50 – Eleven classes

Kid's Classes (Inside)

Ages: 7-10 – Tennis Fundamentals / Rallyball One

November 22 – December 13

314040 D1 – M - 3:00 p.m. – 4:00 p.m.

Ages: 11 – 13 – Tennis Fundamentals / Rallyball One

314040 E1 – M - 5:00 p.m. – 6:00 p.m.

Fee: R \$72 / NR \$90 – Four classes

Ages: 7-10 – Tennis Fundamentals / Rallyball One

January 3 – March 14 (No class January 17 and February 21)

314040 A1 – M - 3:00 p.m. – 4:00 p.m.

314040 F1 – M - 5:00p.m. – 6:00p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

January 5 – March 16

314040 C1 – W - 4:00 p.m. – 5:00 p.m.

Fee: R \$198 / NR \$247.50 – Eleven classes

Ages: 11 – 13 – Tennis Fundamentals / Rallyball One

November 22 – December 13

314040 G1 – M - 4:00 p.m. – 5:00 p.m.

Fee: R \$72 / NR \$90 – Four classes

January 3 – March 14

(No class January 17 and February 21)

314040 B1 – M - 4:00 p.m. – 5:00 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

ICE SKATING

For those who have not had organized skating instruction. Students will work on gliding, forward and backward swizzles, backward wiggles and one-foot glides. Seven week classes include seven - 30 minute lesson, seven free admissions to public skate sessions, free skate rental for lessons and practice, and free use of helmet. Classes held at Fairfax Ice Arena- 3779 Pickett Rd, Fairfax, VA.

Ages 4-6

January 10 – February 21

304460 A1 – M – 4:10 p.m. – 4:40 p.m.

January 11 – February 22

304460 B1 – T – 6:00 p.m. – 6:30 p.m.

304460 C1 – T – 10:45 a.m. – 11:15 a.m.

January 13 – February 24

304460 D1 – TH – 6:00 p.m. – 6:30 p.m.

304460 E1 – TH – 1:45 p.m. – 2:15 p.m.

January 15 – February 26

304460 F1 – S – 10:05 a.m. – 10:35 a.m.

Fee: \$119 – Seven Classes

Ages 7-13

January 10 – February 21

314460 A1 – M – 3:35 p.m. – 4:05 p.m.

January 11 – February 22

314460 B1 – T – 6:35 p.m. – 7:05 p.m.

January 13 – February 24

314460 C1 – TH – 6:35 p.m. – 7:05 p.m.

January 15 – February 26

304460 D1 – S – 10:40 a.m. – 11:10 a.m.

Fee: \$119 – Seven Classes

Ages 14 – Adults

January 11 – February 22

354460 A1 – T – 7:45 p.m. – 8:15 p.m.

354460 B1 – T - 10:45 a.m. – 11:15 a.m.

January 13 – February 24

354460 C1 – TH – 7:45 p.m. – 8:15 p.m.

354460 D1 – TH – 1:45 p.m. – 2:15 p.m.

January 15 – February 26

354460 E1 – S – 11:15 a.m. – 11:45 a.m.

Fee: \$119 – Seven Classes

GYM DROP IN FOR TOTS

Ages 20 months – 5 years with parents

The gym will be open for toddlers to ride their play vehicles. The vehicles must be notarized and be three wheels or more (NO two wheel vehicles). Each parent is responsible for supervising their child. This activity is free.

January 4- March 31 (No open gym on February 24)
TH - 9:00 a.m. – 10:00 a.m.



TWOOSY DOODLERS

For ages 20-36 months. This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting,

gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play, too.

January 11 - March 1

307250 A1 - T - 9:15 a.m. - 10:00 a.m.

307250 B1 - T - 10:15 a.m. - 11:00 a.m.

January 8 - February 26

307250 C1 - S - 10:00 a.m. - 10:45 a.m.

Fee: R \$ 102 / NR \$127.50 - Eight classes

Material fee of \$30 is due the first day of class made payable to Abrakadoodle.



MINI DOODLERS

For ages 3-6. Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills.

Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

January 11 - March 1

307251 A1 - T - 11:15 a.m. - 12:00 p.m.

January 8 - February 26

307251 B1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$ 102 / NR \$127.50 - Eight classes

Material fee of \$30 is due the first day of class made payable to Abrakadoodle.

DOODLERS

Ages 5 - 12

For 1st to 6th graders. Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

January 8 - February 26

307252 A1 - S - 12:30 p.m. - 1:30 p.m.

Fee: R \$127 / NR \$158.75 - Eight Classes

Materials Fee of \$30 is due the first day of class made payable to Abrakadoodle.



DRAMATIC KIDS

Ages 7 - 10

Instructor: Pooja Chawla

This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter as we learn improvisational theater techniques and social issues. Throughout the class, these fine actors will combine their theatrical know how and expertise on a subject into artistic expressions employing the dramatic techniques they have learned (such as, but not limited to improvisation, scene study, and monologue study). There will be a final presentation on the last day of class! So, come join us this fall! Note: All material fees are included in the price.

January 25 - March 15

318143 A1 - T - 5:00 p.m. - 6:00 p.m.

January 29 - March 26 (No class February 26)

318143 B1 - S - 11:15 a.m. - 12:15 pm

Fee: R \$98 / NR \$122.50 - Eight Classes

CHESS CLASS

Ages: 4-14

Instructor: Silver Knights Chess

Learn how to play chess from a Silver Knights chess coach! Their coaches are highly rated professional chess instructors, who have taught tens of thousands of children to play, including the 2008 national champions for first and second grade. Class time is evenly split between lesson and play. Lessons range from learning rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. All chess supplies are provided. Please check out their website at www.silverknightschess.com.

January 11 - March 1

319710 A1 - T - 6:00 p.m. - 7:00 p.m.

Fee: R \$80 / NR \$100 - Eight Classes



GYMNASTIC PARENTS PLEASE NOTE:

*Due to the large number of parents and siblings watching the gymnastic classes we are requesting that parents only attend the first and last day of class.

*Birth Certificate verification is needed for all first time students in the 3 and up gymnastic program.

*In all classes students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.

*During class we ask parents of students to wait in the back lobby for their children.

GYMNASTICS FOR PARENT/CHILD

Ages: 2 ½ to 3

A time for mom or dad and tot to spend time together while learning something new. This is an open gym experience with instructor supervision. Tots will use the balance beam, uneven bars, and tumbling mats. Parents will guide their child through each class. Only one child per parent or adult. Children not registered for the class may not accompany their parent to class.

January 6 – March 17 (No class February 24)

304060 A1 – TH – 1:00 p.m. – 1:45 p.m.

Fee: R \$50 / NR \$62.50 – Ten Classes

GYMNASTICS FOR 3 YEAR OLDS

Age 3

Preschoolers will receive instruction on the uneven bars, balance beam, vault, and in tumbling. This once a week class is for children who have already taken the Parent/Child Gymnastics class or Tumbles and Twists.

January 6 – March 17 (No class February 24)

304062 A1 – TH – 2:00 p.m. – 2:45 p.m.

Fee: R \$50 / NR \$62.50 – Ten classes

TUMBLES AND TWISTS

Ages 3 – 4

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies.

January 4 – March 8

304061 A1 – T – 2:00 p.m. – 2:45 p.m.

304061 B1 – T – 1:00 p.m. – 1:45 p.m.

Fee: R \$50 / NR \$62.50 – Ten classes

January 10 – March 14

(No class January 17 and February 21)

304061 C1 – M – 10:30 a.m. – 11:15 a.m.

Fee: R \$40 / NR \$50 – Eight classes

MINI TUMBLERS

Ages 3 – 4

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

January 10 – March 14

(No class January 17 and February 21)

314060 C1 – M – 9:45 a.m. – 10:30 a.m.

314060 D1 – M – 11:30 a.m. – 12:15 p.m.

Fee: R \$40 / NR \$50 – Eight classes

GYMNASTICS FOR YOUNG BEGINNERS

Ages 4 - 5

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

January 4 – March 8

314060 B1 – T – 3:00 p.m. – 3:45 p.m.

January 6 – March 17 (No class February 24)

314060 A1 – TH – 3:00 p.m. – 3:45 p.m.

Fee: R \$50 / NR \$62.50 – Ten classes

GYMNASTICS

Ages 5 – 12

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Boys and girls are grouped primarily by ability level and age.

January 4 – March 15 (No class February 24)

AGE 5 – 12

314061 A1 – T/TH – 4:00 p.m. – 5:00 p.m.

314061 B1 – T/TH – 5:00 p.m. – 6:00 p.m.

AGE 5 – 12

314062 A1 – T/TH – 6:00 p.m. – 7:00 p.m.

Fee: R \$120 / NR \$150 - Twenty classes

GYMNASTICS ADVANCED

Ages 7 - 12

This class will have a student/teacher ratio of 4 to 1 and is geared toward year around students. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach the parent when a child is ready for this class. Registration without a written letter from the instructor attached will not be accepted.

Participants need to be registered for the 6:00 p.m. class as well.

January 4 – March 8

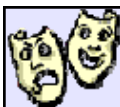
314063 A1 – T- 7:00 p.m. – 8:00 p.m.

Fee: R \$90 / NR \$ 113 – Ten classes

January 6 – March 17 (No class February 24)

314063 B1 – TH – 7:00 p.m. – 8:00 p.m.

Fee: R \$90 / NR \$113 – Ten classes



MUSICAL THEATER WORKSHOP I

Ages 8 - 12

Instructor: Babs Dyer

Come join us for an introduction to musical theater. No experience necessary. We will explore everything from the audition to the final curtain. Be ready to sing, dance, and act. Comfortable clothing suggested.

January 24 - March 21 (No class February 21)

318140 A1 - M - 3:30 p.m. - 4:30 p.m.

Fee: R \$48 / NR \$60 – Eight classes

MUSICAL THEATER WORKSHOP II

Ages 10 – 16

Instructor: Babs Dyer

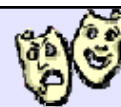
This class is for the serious performer.

Pre-requisite is Music Theater I or previous performance experience necessary.

January 24 - March 21 (No class February 21)

318141 A1 - M - 4:30 p.m. - 5:30 p.m.

Fee: R \$48 / NR \$60 – Eight classes



BABYSITTERS TRAINING

Ages 12 and up

Instructor: American Red Cross

This course prepares teens with everything a parent looks for in a babysitter – including safety, basic child care, safe play, first aid and critical emergency action skills. The class is taught by a certified American Red Cross Instructor. Please bring a bagged lunch.

January 29

322580 A1 – S – 9:00a.m. - 5:00 p.m.

Fee: R \$70 / NR \$87.50 – one class

DINING SKILLS AND ETIQUETTE FOR YOUTH

Ages: 5-7

Instructor: Sue Ellen Bron, Correctitude Etiquette

Activity oriented and designed to foster children's growth through effective age appropriate, self esteem building exercises. The ABC's of meeting, greeting and saying goodbye. Little things we say and 1,2,3 let's eat. A \$5 material fee is due at the first class, payable to the instructor.

January 15 and 22

312550 A1 – S – 10:15 a.m. – 11:30 a.m.

Fee: R \$40 / NR \$50 – Two Classes

Indoor Tennis Everyone with FirstServe Tennis

Bring a tennis racket and a smile. We'll provide the fun, friendly and supportive tennis instruction! Classes will be conducted using modified nets and tennis balls designed to work well on the gym floors. All make-up classes will be held during the following two weeks of class due to inclement weather. **Call 703-868-8172 or visit www.tenniseveryone.net for more information.** All classes are held in the Vienna Community Center Gymnasium.

Tennis Fundamentals / Rallyball One

Ages: 7-10 – Tennis Fundamentals / Rallyball One

November 22 – December 13

314040 D1 – M - 3:00 p.m. – 4:00 p.m.

Ages: 11 – 13 – Tennis Fundamentals/Rallyball One

314040 E1 – M - 5:00 p.m. – 6:00 p.m.

Fee: R \$72 / NR \$90 – Four classes

Ages: 7-10 – Tennis Fundamentals / Rallyball One

January 3 – March 14

(No class January 17 and February 21)

314040 A1 – M - 3:00 p.m. – 4:00 p.m.

314040 F1 – M – 5:00pm.m – 6:00p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

January 5 – March 16

314040 C1 – W - 4:00 p.m. – 5:00 p.m.

Fee: R \$198 / NR \$247.50 – Eleven classes

Ages: 11 – 13 – Tennis Fundamentals/Rallyball One

November 22 – December 13

314040 G1 – M - 4:00 p.m. – 5:00 p.m.

Fee: R \$72 / NR \$90 – Four classes

January 3 – March 14

(No class January 17 and February 21)

314040 B1 – M - 4:00 p.m. – 5:00 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

THEATRICAL TEENS

Ages 11-15

Instructor: Pooja Chawla

Teens will learn improvisational theater techniques and write their own original sketches as they learn. Throughout the class, these seasoned actors will combine their theatrical and artistic know how and expertise on a subject into artistic expressions employing the dramatic techniques they have learned (such as, but not limited to improvisation, scene study, and monologue study) while learning about various social issues. Hence, using a social issue as a backbone for their presentation, this class will write as well as direct their own original play to be presented on the last day.

January 29 - March 26

318143 C1 - S - 1:00 p.m. - 2:15 p.m.

Fee: R \$108 / NR \$135 - Eight classes

ADRENALINE DANCE FORCE JAZZ

Instructor: Adrenaline Dance Staff

The Adrenaline Dance Force staff teaches young dancers jazz technique, performance skills, showmanship, and confidence. This class will increase flexibility, improve dance technique, memory, balance, and strength. The experienced staff brings excitement to dance class with current upbeat music and exciting choreography! Come prepared for warm up and learning technique and new choreography. Comfortable dance clothes and jazz shoes are recommended.

YOUTH JAZZ

Ages 8-11

January 6 – March 3 (No class February 24)

328102 B1 – TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

TEEN JAZZ

Ages 12-18

January 6 – March 3 (No class February 24)

328102 A1 – TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE YOUTH HIP HOP

Ages 8-11

Instructor: Adrenaline Dance Staff

Beginning hip hop dancers will learn the latest street dancing technique, performance skills, and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. The experienced staff brings excitement to this class with the latest hip hop music appropriate for youth. Come prepared for warm up, isolations, and to learn the latest choreography styles. Comfortable loose clothing and flat sole sneakers are recommended.

January 6 – March 3 (No class February 24)

328101 B1 - TH - 4:15 p.m. - 5:00 p.m.

Fee: R \$78.85 / NR \$98.50 – Eight classes

ADRENALINE DANCE FORCE TEEN HIP HOP

Ages 12-18

Instructor: Adrenaline Dance Staff

Intermediate dancers will learn the latest street dancing technique, performance skills, and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. The experienced staff brings excitement to this class with the latest hip hop music appropriate for teens. Come prepared for warm up, isolations, and to learn the latest choreography styles. Comfortable loose clothing and flat sole sneakers are recommended.

January 6 – March 3 (No class February 24)

328101 A1 – TH - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE B-BOY CLASS!

Ages 10 -18

Instructor: Adrenaline Dance Staff & Flo Dynamix Crew

****NEW** to the Vienna Community Center, we bring you a B-BOY skills class! Learn the latest street dancing technique, B-boy skills such as the six-step or a top rock, freezes and stalls, footwork, and more! Boost your performance skills and confidence in this class through memory. Improve balance and increase strength by staying grounded and strong through upper and lower body movement. The experienced Flo Dynamix staff brings excitement to this class with the latest hip hop music appropriate for youth and teens. Comfortable loose clothing and flat sole sneakers are recommended.

January 6 – March 3 (No class February 24)

328102 D1 – TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE YOUTH CHEER CLASS

Ages 8-11

Instructor: Adrenaline Dance Force Staff

Adrenaline Dance Force cheer class is a terrific way to learn great cheer techniques including motions, jumps, stunting and tumbling basics. Work with the area's best cheer instructors and improve your skills to be an outstanding cheerleader. Don't miss this class, sign up now!

January 5 – February 23

328101 C1 – W – 4:00 p.m. – 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE TEEN CHEER CLASS

Ages: 12-18

Instructor: Adrenaline Dance Force Staff

This class will focus on the technique of cheerleading skills and advancing athletes to prepare their skills for cheerleading. You will learn jumps, tumbling skills, stunting basics and more. Groups will be separated by skill. The class will have a variety of drills and skills to progress cheerleaders all the way to the highest level. Beginner, intermediate and advanced students are welcome.

January 5 – February 23

328101 C1 – W – 4:00 p.m. – 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes



Club Phoenix/Vienna Teen Center

Students can enjoy a place of their own in Club Phoenix. The Club, a drop in center, has a lounge area, big screen TV, jukebox, CD player, X-Box, Playstation 2, VCR, Billiard and Ping-Pong tables, and a state of the art sound system. A stage is available for open-mic nights, karaoke, and much more. There are many special events, activities, and dances throughout the year. Students can purchase snacks at our "Candy Bar" during operation hours. Club Phoenix has free admission, unless otherwise stated.

Registration forms may be picked up at the Community Center Front Desk, Club Phoenix, and at our web site www.viennava.gov under Departments, Parks and Recreation, Club Phoenix.

All Club Phoenix participants will have one time in and out from the center. Once they sign out of the Center, they are not allowed back that day. *This policy is not a lock-in.* The policy is in effect for grades 6-8. Parents are encouraged to walk their teens into the center and pick them up at the end of the night. Teens are to be picked up when they leave the center. Loitering on the Community Center grounds is discouraged. If you have any questions, please call Brandy Wyatt at 703-255-5721.

Club Phoenix is staffed by the Vienna Parks and Recreation Department.

**The Teen Center will be closed
November 25 – 28 and
December 23, 2010 - January 2, 2011.**

**The Teen Center will open early on November 24
at 12:30 p.m. for early dismissal from schools.
We will also open early on December 22, at
12:30 p.m.**

HOURS OF OPERATION:

6TH Grade:

Monday - 12:30 p.m. - 6:30 p.m.

Tuesday-Friday - 2:30 p.m. - 6:30 p.m.

7th and 8th grade:

Monday - 12:30 p.m. - 6:30 p.m.

Tuesday-Thursday - 2:30 p.m. - 6:30pm

Friday - 2:30 p.m. - 10:00 p.m.

HIGH SCHOOL VOLUNTEER HOURS

High School students are encouraged to volunteer at the teen center during the after school program. Interested students should contact Brandy Wyatt at 703-255-5721.

CLUB PHOENIX AFTER SCHOOL PROGRAM

The Club Phoenix After School Program, for grades 6th – 8th, runs Monday from 12:30 - 6:30 p.m. and Tuesday – Friday from 2:30-6:30 p.m. There is homework help, cooking classes, special interest clubs, sports and fitness activities and much more. We also have pool tables, ping pong, a dance floor, and video games to occupy your time. The program is free and open to any teen in the Greater Vienna area. Registration is required. Call Tammy Funk, After School Program Coordinator, at 703-255-5736 during operating hours for more details or the Community Center front desk at 703-255-6360.

CLUB PHOENIX RENTALS

Club Phoenix Teen Center is available for rentals on weekends. The Center is only available for parties of *teens registered at Club Phoenix*, grades 6-10. Applications are available at the Community Center front desk and via the web at www.viennava.gov, and should be submitted to Brandy Wyatt, Teen Program Coordinator. Visit the web for more details and pricing, or call 703-255-5721.



"CHOCOLATE COVERED" FOODIE DAY

Pretzels, marshmallows, cookies, dried fruit, bananas – whatever your choice, get ready to dip it in chocolate! We will vote on our favorites.

December 2

4:30 p.m.

WINTER WONDERLAND PARTY

The weather outside might be frightful...but we have planned an afternoon most delightful. From warm treats to fun games, we will have it all. Bring a friend!

December 17

3:30 p.m.

INDOOR CARNIVAL

Hurry, Hurry...come one, come all! Step right up and have a ball! Games and food galore! You surely won't want to miss the fun, because there are great prizes to be won.

January 7

4:00 p.m.

NON-SLEEP OVER PAJAMA PARTY

Wear your cozy pajamas and enjoy some party snacks, crafts, movies and sleepover games. No sleeping bag necessary.

January 21

3:30 p.m.

SUPER BOWL PARTY



No matter who is playing, we will be celebrating. We will have fun football games, food, arts and crafts and more. Make your prediction for the big winner. Come dressed in your favorite player's jersey and win a prize.

February 4

3:30 p.m.

VALENTINE'S DAY PARTY



Come dressed in pink or red. Enjoy a DJ, food and fun while we celebrate the sweetest holiday of the year.

February 14

3:30 p.m.

7TH – 8TH GRADE FRIDAY NIGHT FESTIVALS

Every Friday after 7:00 p.m. is for middle schoolers ONLY! Take part in tournaments, watch movies, hang out with friends, and maybe even play a pick up game of basketball.

"THE PHOENIX" PARENT E-NEWSLETTER

The Club Phoenix Parent E-Newsletter, "The Phoenix", will keep you informed of schedule changes, special events, center closures, and after school activities. You can sign up at the teen center, during hours of operation, call 703-255-5721, or email bwyatt@viennava.gov.

CLUB PHOENIX TEEN COUNCIL

The Teen Council, a group of youth and adult advisors at Club Phoenix, participate in many events ranging from stream cleanups to kids activities in hopes of making a difference in their community. The teens are also leaders at Club Phoenix by providing education on youth issues and volunteering at special events. If you are in 6th grade or older, an application can be picked up at the Vienna Community Center. Call 703-255-5721 for more information.

TEEN IMPROV CLUB

Ages: 11-17

The TEEN IMPROV club is a chance for teens to flex their comedy muscles by participating in a series of improv and sketch comedy classes. These classes will meet once a week, at Club Phoenix, and will culminate in a final performance for family and friends. It doesn't matter if you have never tried comedy; the class is open to newcomers as well as experienced comics. You will participate in improv games and write comedic sketches to enhance your skills. Bring your funny bone and be ready to laugh and have some fun too! Call Brandy Wyatt for further details and class schedule, 703-255-5721.

Tuesdays from 5:30 p.m. – 6:30 p.m.

PARENT PROGRAM: SOCIAL NETWORKING, CYBERBULLYING & UNDERSTANDING THE IMPORTANCE OF A POSITIVE ONLINE DIGITAL REPUTATION

Ages: Adult

Instructor: Iris Beckwith, President of connectED4safety, LLC

Ms. Beckwith has 17 years of prevention education experience with Childhelp USA, the Internet Keep Safe Coalition, and has provided training to Penn State University's Department of Education, D.A.R.E. America, Schoolwires, Inc. and many other organizations. During her informative session you will learn information about the latest trends in social networking, Facebook, cyber bullying, texting, sexting, GPS tracking and the effects on teens. Also, you will get information on how to monitor your child's technology use and ways to manage their digital footprint. This seminar will offer up to date information on the ever changing technology in your child's life. Please register in advance. The seminar is free and open to all parents and other community members invested in our children's welfare.

January 26

322300 A1 – W – 7:00 p.m. – 9:00 p.m.

Free

High School Team Tryout Prep (Outside)

Trying out for the high school tennis team? Be prepared to handle the tough winter weather by joining our High School Team Tryout Prep. We will play outdoors (in weather over 45 degrees) and help you get acclimated for the difficult high school tryout weather. **All classes will be held at Glyndon Park.**

Call 703-868-8172 or visit

www.tenniseveryone.net for more information

January 19 – February 19

314041 A1 – W/S

W - 4:00 p.m. – 5:15 p.m.

SA - 12:00 p.m. – 1:15 p.m.

Fee: R \$225 / NR \$281 – Ten Classes

DINING SKILLS AND ETIQUETTE FOR TEENS

Ages: 13-17

Instructor: Sue Ellen Bron; Correctitude Etiquette

Learn everything you wanted to know about table manners. Topics will include silverware savvy, American and Continental eating styles, hosting/guest duties and many other do's and don'ts.

March 26

312550 C1 – S – 9:00 a.m. – 11:00 a.m.

Fee: R \$40 / NR \$50 – One Class

DINING SKILLS AND ETIQUETTE FOR ADULTS

Ages: 18 and up

Instructor: Sue Ellen Bron; Correctitude Etiquette

Learn everything you wanted to know about table manners including American and Continental eating styles, hosting and guesting duties and many other do's and don'ts.

January 29

312550 D1 – S – 10:30 a.m. – 1:00 p.m.

Fee: R \$40 / NR \$50 – One Class

GUITAR I – Beginner

Ages 9 - Adult

Instructor: Bill Burke

The beginner class is for those just starting out and have had one or two classes and will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing.

Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations.

No prior music experience or instrumental background required. Each student must have a guitar (some rentals available from the instructor). A \$3 material fee is due to the instructor the first day of class. Classes will be held at the Bowman Arts and Crafts House, 211 Center St. S.

January 23 - March 6 (No class February 20)

358130 A1 – SU – 11:15 a.m. – 12:15 p.m.

Fee: R \$36 / NR \$45 – Six classes



GUITAR II - ADVANCED BEGINNER

Ages 9 - Adult

Instructor: Bill Burke

If you can play chords then this is the class for you. We will cover various accompaniment styles explored through songs. Some areas of discovery will include strumming, fingerpicking, soloing, reading, composing ear training, and various styles. Direction of this class is influenced by your interest! Each student must have a guitar (some rentals available from the instructor). A \$3 materials fee is due to the instructor the first day of class. Classes will be held at the Bowman Arts and Crafts House, 211 Center St. S.

January 23 - March 6 (No class February 20)

358131 A1 – SU – 12:15 p.m. – 1:15 p.m.

Fee: R \$36 / NR \$45 – Six classes

IRISH FIDDLE

Ages: 16 and older

Instructor: Randy Latimer

Learn techniques to play the fiddle. Some experience needed. You will need to bring your own violin. Check with Foxes Music, Falls Church, Brobst Violin in Springfield, or Music and Art Center for possible rentals.

January 20 - February 24

358132 A1 - TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$36 / NR \$45 - Six classes



Registration

In-Town - November 1

Out-of-Town - November 8



NEW

BALANCING ACT S/C

Instructors: Beth Wiley, Anita Ohlhausen, Sharon Brown

Some people love to exercise, others naturally do not overeat. If you are NOT one of those people, you can't put your life on autopilot and expect to maintain a healthy weight. Balancing Act will help you clarify your vision/goal in a way that is meaningful to you and compelling enough to sustain your motivation. It will also help you understand the food you eat and develop a personalized eating and exercise plan that is healthy and sustainable so that you can enjoy eating, and also maintain a healthy weight. Beth Wiley is a motivational speaker who has lost 50 pounds and kept it off for over five years. Anita Ohlhausen, MS, RD, FADA, is a Registered Dietitian who has taught nutrition at The University of Missouri, and worked in sports and community nutrition. Sharon Brown has been a certified physical trainer for 18 years and currently teaches Fit over 50 classes.

January 4 – February 22

332421 A1 – T- 2:30 p.m. – 4:30 p.m.

Fee: R \$150 / NR \$187.50 – Eight classes

INDIAN COOKING CLASSES s/c

Ages 18 and up

Instructor: Sushila Rao

Indian Cuisine has amazing variety. The southern Indian cuisine is known for the use of lentils and rice in amazing ways. The cuisine of the north is known for its richer meat options. Indian cuisine is easy to follow if it is taught well. Despite the multitude of spices, a good chef and teacher can simplify the inputs to make the most creative and tasteful food. Classes are listed below.

Indian Cooking with Paneer s/c

This class will cover the uses of paneer (an Indian cheese) and show the multitude of dishes that can be made with paneer in a jiffy. Learn how to make delicious dishes that are high in protein and use vegetables to make a tasty meal. Learn paneer and palak (paneer and spinach), paneer and matar (paneer and peas), and paneer and bell peppers. Come to learn and stay and taste everything you learn.

January 22

332300 A1 - S - 10:00 a.m. - 12:00 p.m.

Fee: R \$40 / NR \$50

Indian Cuisine with Beans and Lentils s/c

Indian cuisine uses a variety of lentils and beans. Learn to cook garbanzo beans, kidney beans, lentils and black eyed peas, all rich sources of essential nutrients, high in fiber and protein and low in cholesterol. Learn how to add interesting twists to your evening meal with tart and spicy kidney beans, garbanzo beans in a sauce, black eyed peas in a garam masala medley and delicious lentils.

March 5

332300 B1 - S - 10:00 a.m. - 12:00 p.m.

Fee: R \$40 / NR \$50

MINDFULNESS BASED STRESS REDUCTION (MBSR) OVERVIEW

Presenter: Trisha Stotler, Mindfulness Instructor

Please join us for a presentation by Trisha Stotler, instructor of the Spring Mindfulness-Based Stress Reduction (MBSR) Program sponsored by the Vienna Community Center and held at Meadowlark Botanical Gardens. She will show a DVD presentation that describes the creation of the MBSR program at the University of Massachusetts Medical Center. She will also answer your questions about the Spring MBSR class she offers. You may get a complete description about the program by contacting program coordinator, Cheryl Harlan at 703-255-7801. This overview presentation will be held at the Vienna Community Center.

To learn more about the original program you may visit

www.umassmed.edu/cfm.

ADVANCED REGISTRATION IS REQUIRED.

February 20

342575 A1 – SU – 4:00 p.m. – 5:00 p.m.

No Fee

The next session of Mindfulness Based Stress Reduction will begin in early spring. Exact dates will be advertised in the Spring catalogue. If you would like further details about this program you may register to attend the MBSR preview described above or call 703-255-7801.

BEAD BEDAZZLE

18 and older

Instructor: Brenda Reagan

Ever wanted to know how to make jewelry, repair old pieces, make pieces like the movie stars wear? Intro to Jewelry tools, get familiar with pearls, crystals, beads and stones, wire wrapping and more. If you have tools bring them or an optional kit will be available for \$25 made payable the first day of class.

January 21 - February 18

332410 A1 -F -7:00 p.m. - 9:00 p.m.

Fee: R \$60 / NR \$75 - Five classes

TRACING YOUR FAMILY ROOTS

Ages 18 and up

Instructor: Gayle Yiotis

If you have seen the show "Who Do You Think You Are?" on NBC, sponsored by Ancestry.com, you know that tracing your family roots can be an exciting and surprising journey that can lead to people and places never dreamed of! But this journey is not usually an easy or direct one and takes much research. Gayle is a former archivist and researcher at the Smithsonian Institution and present genealogical researcher for Ancestry.

January 20 - February 24

339480 A1 - TH - 7:00 p.m. - 8:30 p.m.

Fee: R \$50 / RSR \$25 / NR \$62.50 - Six classes

SPANISH FOR BEGINNERS – PART I**Instructors: Harry Diaz**

For those students that have never taken Spanish or have had some Spanish. Learn to write, read and speak this popular language and improve your communication skills.

January 10 - March 14

(No class January 17 and February 21)

339160 A1 - M - 10:00 a.m. - 12:00 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

SPANISH FOR BEGINNERS – PART II**Instructors: Harry Diaz**

For those students that completed Part I or have had some Spanish. Continue to learn to write, read and speak this popular language and improve your communication skills.

January 10 - March 14

(No class January 17 and February 21)

339161 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

SPANISH CONVERSATION**Instructors: Carmen Diaz**

Disfrute de una clase de conversacion fluida sobre asuntos de la vida diaria. Este curso se ofrece para estudiantes de nivel intermedio-avanzado.

January 10 - March 14

(No class January 17 and February 21)

339165 A1 - M - 10:00 a.m. - 12:00 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

SPANISH CONVERSATION AND REVIEW**Instructors: Carmen Diaz**

Continue to improve your skills in grammar, reading and conversation for students that have completed Spanish grammar.

January 10 - March 14

(No class January 17 and February 21)

339164 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

**BRIDGE - MINI LESSON
AND SUPERVISED PLAY s/c****Instructor: Louise Sellers**

This class is designed for people who have a basic knowledge of the game and want to improve the quality of their game. There will be a mini lesson and the rest of the class spent on playing cards.

January 24 - March 28 (No class February 21)**339170 A1** - M - 6:30 p.m. - 9:00 p.m.

Fee: R \$90 / RSR \$45 / NR \$113 – Nine weeks

**ADULT DRAWING I s/c**

Ages 16 and over

Instructor: Kerry Burch

This class is geared for the beginning artist.

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class. Classes held at Bowman House, 211 Center St. South

January 24- March 21 (No class February 21)**337241 A1** - M - 5:00 p.m.- 7:00 p.m.

Fee R \$80 / NR \$100—Six classes

ADULT DRAWING II/ADVANCED s/c

Ages 18 and over

Instructor: Kerry Burch

This class is geared for artists with some experience. Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class. Classes are held at the Bowman House, 211 Center St, South.

*January 18 - March 8***337242 A1** – T – 5:00 p.m. – 7:00 p.m.**337242 B1** - T- 7:00 p.m.- 9:00 p.m.

Fee R \$80 / NR \$100 - Eight classes

BEGINNING PAINTING IN ACRYLICS s/c

Ages 18 and over

Instructor: Kerry Burch

This class will teach the fundamentals of acrylic painting with canvas preparation and ground application, color mixing and "blocking in" technique. Overall development of composition and layout to final rendering of the finished piece will be the goal of this class. Students should arrive with a basic concept or idea for the painting they wish to produce. This should be an accurate preparatory drawing, photograph or some other fully developed idea. Contact the instructor for materials list prior to the first class. Class held at the Bowman House Arts and Crafts Center.

January 24- March 21 (No class February 21)**337240 A1** - M – 7:00 p.m. – 9:00 pm

Fee: R \$80 / NR \$100 - Eight classes

BEGINNING WHEEL s/c

Monday and Friday Instructor: Lori Yankovitz

You will be introduced to the basics of wheel to the basics of wheel pottery, wedging, centering, throwing, trimming, and glazing. Pieces will be high fired in an oxidation kiln. Students should purchase a basic tool kit consisting of a sponge needle tool, wire and wooden sculpting tools, which are available at a ceramic supply store or through catalogues. It is important that students attend the first day of class. Students should also bring an old towel and sponge to class and wear old clothes to class.

Beginner (no experience)

January 10 - March 14

(No class January 17 and February 21)

337211 A1 - M - 6:30 p.m. - 9:30 p.m.

Beginner 1 and 2 (little to no experience)

January 14 - March 4

337211 B1 - F - 6:30 p.m. - 9:30 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

INTERMEDIATE WHEEL s/c

Instructor: Beth Kendall

This class is designed to expand on the basics taught in beginning wheel. In this class we usually work in depth on one or two projects per session. Projects include, but are not limited to, throwing larger forms, lidded pieces, decorating techniques, refining our work, glazing and much, much more. All students interested in this class should have at least 2 years of current beginning classes or approval from the instructor prior to registering. Students should bring a sponge, old towel and bats to class.

January 11 - March 15

337212 A1 - T - 7:00 p.m. - 10:00 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

ADVANCED WHEEL s/c

Morning Instructor: Beth Kendall

Evening Instructor: Lori Yankovitz

You will learn a variety of advanced techniques and will learn to refine your work both aesthetically and functionally during the evening class. Students should bring a sponge, old towel and bats to class.

January 12 - March 16

337213 A1 - W - 9:30 a.m. - 12:30 p.m.

337213 B1 - W - 6:30 p.m. - 9:30 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

HANDBUILDING s/c

Instructor: Treena Rinaldi

You will learn various methods of handbuilding pots for both functional and decorative use and will learn a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects.

January 13- March 17

337214 A1 - TH - 9:30 a.m. - 12:30 p.m.

337214 B1 - TH - 7:00 p.m. - 10:00 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

ADULT POTTERY s/c

18 and older

Fee includes 25 pounds of clay, glazes and firings.

An additional 25 pounds of clay may be purchased for \$15. Only clay purchased from the Recreation Department may be used in the studio. Class fee listed under individual classes. Children may not accompany parents.

POTTERY LAB s/c

Open to adult students in the pottery program.

337210 A1 - *January 18 - March 24*

Tuesday - 10:00 a.m. - 1:00 p.m.

Thursday - 9:30 a.m. - 10:00 p.m.

Saturday - 10:00 a.m. - 3:30 p.m.

Fee: \$45 per person for unlimited lab time on each day offered. \$15 for 25 pounds of clay which includes glazes and firings. Only clay purchased from the Recreation Department may be used in the studio. Children may not accompany parents to lab. You may not register for this class on-line.



**ALL ARTS AND CRAFTS CLASSES ARE
LOCATED IN THE
BOWMAN HOUSE ARTS AND CRAFTS CENTER AT
211 CENTER ST. S. UNLESS OTHERWISE NOTED**

KUNDALINI YOGA s/c

Ages 16 and up

Instructor: Hari Kaur Khalsa

Each class begins with alignment based Hatha postures and includes alignment based suggestions for Kundalini yoga postures. The combination of asana, breathe, stretching and relaxation results in physical balance and strength as well as a deep sense of well being. Please bring a yoga block and light blanket for relaxation. Yoga belts will be provided.

January 6 – March 24

(No class February 24 and March 17)

333052 A1 – TH - 9:30 a.m. – 11:00 a.m.

Fee: R \$90 / NR \$113 – Ten classes

HATHA YOGA s/c

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat. Also bring a folded towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. He is a senior yoga teacher certified by the Himalayan Institute and has over 30 years of teaching experience. John, is a Reiki practitioner, a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with George Mason University Arts Wellness Program. A professional musician, John provides his own live music a variety of instruments for meditation at the end of the class. He has had numerous articles published on the subjects of yoga and music. He was ordained as an Interfaith Minister in 2004.

Beginner*January 11 – March 15***333050 A1** – T – 7:00 p.m. – 8:30 p.m.

Fee: R \$90 / NR \$113 – Ten classes

January 10 – March 21

(No class January 17 or February 21)

333050 C1 – M – 12:30p.m. – 1:30p.m.

Fee: R \$54 / NR \$67.50 – Nine classes/ one hour

Beginner/Intermediate*January 8 – March 19 (No class February 26)***333050 B1** – S – 7:00 a.m. – 8:30 a.m.

Fee: R \$90 / NR \$113 – Ten classes

Advanced*January 6 – March 17 (No class February 24)***333051 A1** – TH – 7:00 p.m. – 8:30 p.m.

Fee: R \$90 / NR \$113 – Ten classes

NEW

VINYASA YOGA S/C**Instructor: Zeena Deeb**

Vinyasa Flow Fusion: "Vinyasa," a Sanskrit word meaning "synchronized breath and movement," is an improvised mix of sun salutations, standing and seated postures, meditation, chanting, and breathing practices. In addition to the traditional vinyasa flow, we fuse elements of other yoga styles, such as Kundalini and Anusara, into my classes, as I have studied various styles of yoga over the years. The class is 60-minutes and begins with centering (including breathing) and warming up exercises, followed by Vinyasa flow sequences, balancing postures, inversions, cool-down exercises, and Savasana (meditation). Please bring a yoga mat.

*January 5 – March 9***333054 A1** – W - 9:30 a.m. – 10:30 a.m.

Fee: R \$60 / NR \$75 – Ten classes

NEW

SAMUCYAYA YOGA S/C**Instructor: Avinash Patwardhan M.D., M.S., CHES, Fellow A.I.S., ERYT⁵⁰⁰**

This program focuses on all the eight components of Yoga equally. The emphasis is on breathing, meditation, relaxation techniques, mental concentration and focusing. This program allocates only 1/8th of time and attention on postures (that makes up one of the components of Yoga). The suggested postures are very basic ones that do not require special skills. This program also includes brief "discourses" to educate participants about the holistic historical nature and utility of Yoga. Avinash is a published story writer and a poet, plays flute and tabla (Indian drums), and knows Sanskrit among six languages. He has worked for the World Health Organization and has published with it on 'Traditional Medicinal Systems'. He has been a teacher to students from k-12 through Ph.D. and given conference presentations on Ayurveda (Indian Traditional Medicine). Avinash currently works as a researcher in the field of health analytics and informatics. Please bring yoga mat.

*January 7 – March 18 (No class February 25)***333053 A1** – F– 7:00 p.m. – 8:00 p.m.

Fee: R \$15/ NR \$18.75 – Ten classes

YOGA SCULPT AND STRENGTH s/c

Ages 16 and up

Instructor: Body Moves Fitness LLC

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 – 2 lbs.) to class.

January 3 – March 21

(No class January 17 and February 21)

333501 A1 – M - 7:30 p.m. – 8:30 p.m.

Fee: R \$110 / NR \$138 – Ten classes



BEGINNER YOGA-CHI S/C

Ages: 16 and up

Instructor: BodyMoves Fitness LLC

This integrated "fusion" class offers the combined benefits of yoga and Tai Chi, instructing in fundamental, age-old forms of movement patterns and postures that help you feel more invigorated, energized and balanced. These movements both relax and stimulate the body in accessible ways, addressing strength and flexibility through moving meditation. **Please bring a yoga mat to class.**

January 3 – March 21

(No class January 17 and February 21)

333501 B1 – M - 6:30 p.m. – 7:25 p.m.

Fee: R \$110 / NR \$138 – Ten classes

MORNING FITNESS WAKEUP s/c

Ages: 18 and up

Instructors: John Mays and Nathan Greiner (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

~ Weight Training – strong bones and muscles, weight management

~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management

~ Flexibility Training – connective tissue health

January 3 – January 31

(No class January 17)

333429 A1 – M/W/F - 6:00 a.m. – 7:00 a.m.

March 7 – April 1

333429 C1 – M/W/F - 6:00 a.m. – 7:00 a.m.

April 4 – April 29

333429 D1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve classes

February 7 – March 4

(No class February 21)

333429 B1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$136 / NR \$170 – Eleven classes



PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball.

(Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.) **Please bring a mat to class.**

January 4 – March 22

333500 A1 – T - 12:30 p.m. – 1:30 p.m.

Fee: R \$144 / NR \$180 – Twelve classes

SHOTOKAN KARATE

Ages: 10 and up

Instructor: Mark James

Shotokan is a traditional Japanese style of karate. Typical training includes basic techniques (kihon), forms (kata) and sparring (kumite). This class is designed primarily for beginners and those with limited martial arts experience. Benefits include improved fitness and flexibility, increased confidence, better hand-eye coordination, enhanced knowledge of self-defense techniques, greater self-control and reduced stress. Additional costs will include uniforms and personal equipment. Belt, board and test fees will be required when testing to advance in rank. It is recommended that a uniform not be purchased until the student has participated in at least several classes. Initially, loose fitting clothing, such as sweatpants and a tee shirt or sweatshirt, is recommended.

January 13 – March 13

333023 A1

TH - 6:30 p.m. – 7:30 p.m. and

SU 12:00p.m. – 1:00p.m.

Fee: R \$99 / NR \$123.75 – Eighteen classes

TAI CHI CHUAN

Tai Chi Chuan is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chuan builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

January 10 – March 16

(No class January 17 and February 21)

M/W – 7:00 a.m. – 8:00 a.m.

Fee: Free

BEGINNING PILATES S/C

Ages: 14 and up

Instructor: BodyMoves Fitness LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse"; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus.

Please bring a mat to class.

January 5 – March 23

(No class February 23)

333500 B1 – W - 7:00 p.m. – 8:00 p.m.

Fee: R \$132 / NR \$165 – Eleven classes

TOTAL FITNESS AEROBICS – THE ULTIMATE CARDIO WORKOUT s/c

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information call Nina @ 703-255-6630 or visit www.totalfitnessvienna.com.

January 4 – March 24

(No class January 18, February 24 and March 17)

333020 A1 – T/TH - 6:00 p.m. – 7:00 p.m.

Fee: R \$210 / NR \$262.50 – Twenty one classes

January 8 – March 26

(No class January 29 and February 26)

333020 C1 – S - 8:30 a.m. – 9:30 a.m.

Fee: R \$100 / NR \$125 – Ten classes

ZUMBA – LATIN AEROBICS S/C

Ages 16 and up

Instructor: Lupe Rother

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more.

January 3– March 21

(No class January 17 and February 21)

333021 A1 – M - 7:00 p.m. – 8:00 p.m.

Fee: R \$100 / NR \$125 – Ten classes

January 8– March 26

(No class January 29 and February 26)

333021-B1 – S - 10:00 a.m. – 11:00 a.m.

Fee: R \$100 / NR \$125 – Ten classes

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$42 for monthly pass;

\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$42 for monthly pass;

\$10 per class for walk in.

CARDIO BOXING s/c

Ages 16 and up

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

January 5 – February 16

333022 A1 – W – 8:15 p.m. – 9:00 p.m.

Fee: R \$77 / NR \$96.25 – Seven Classes



INDOOR TENNIS EVERYONE! s/c

.Location: Vienna Community Center Gymnasium
Bring a tennis racket and a smile. We'll provide the fun, friendly and supportive tennis instruction! Classes will be conducted using modified nets and tennis balls designed to work well on the gym floors. All make-up classes will be held during the following 2 weeks of class due to inclement weather. **Call 703-868-8172 or visit www.tenniseveryone.net for more information**

Adult Classes

Adult Rallyball One

Learn the fundamentals of your strokes using fun, foam rallyballs

January 5 – March 16

334040 A1 – W - 2:00 p.m. – 3:00 p.m.

Fee: R \$ 198 / NR \$ 247.50 – Ten Classes

ICE SKATING

For those who have not had organized skating instruction. Students will work on gliding, forward and backward swizzles, backward wiggles and one-foot glides. Seven week classes include seven - 30 minute lesson, seven free admissions to public skate sessions, free skate rental for lessons and practice, and free use of helmet. Classes held at Fairfax Ice Arena 3779 Pickett Rd, Fairfax, VA.

Ages 14 – Adults

January 11 – February 22

354460 A1 – T – 7:45 p.m. – 8:15 p.m.

354460 B1 – T - 10:45 a.m. – 11:15 a.m.

January 13 – February 24

354460 C1 – TH – 7:45 p.m. – 8:15 p.m.

354460 D1 – TH – 1:45 p.m. – 2:15 p.m.

January 15 – February 26

354460 E1 – S – 11:15 a.m. – 11:45 a.m.

Fee: \$119 – Seven Classes

Registration

In-Town - November 1

Out-of-Town - November 8

ADULT SPORT LEAGUES

VIENNA MEN'S SOFTBALL LEAGUE

Weeknights

Ages: 18 and up

The Vienna Parks and Recreation Department is accepting registration for the 2011 Vienna Men's Softball League. A **temporary** roster and \$100 non-refundable deposit will be required at the time of registration. Registration will be accepted on a first come first serve basis. The registration deadline is Friday, February 25. League play will begin on Monday, April 12, and all games will be played at Southside Park in Vienna. For a league information package, please contact Enrique Guzman at 703-255-6352 or email

eguzman@viennava.gov.

333081 A1 – Men's Softball League



SPRING COED SOFTBALL LEAGUE



Sundays

Ages: 18 and up

The Vienna Parks and Recreation Department will accept registration for the spring coed softball league. A temporary roster and \$550 team fee will be required at registration. Registration will be accepted on a first come first serve basis. League is limited to twelve teams. All games will be played on Sundays starting at 10:00 a.m. at Southside Park. Fees cover ten regular season games (double-headers) umpires, two softballs per game, awards and post season play. Games will begin play April 17. For a league package please call Enrique Guzman at 703-255-6352.

333080 A1 – Co-ed Softball League

ADULT DROP IN PROGRAMS

Adult Drop In Programs

Ages: 18 and up

Basketball – M/W – 8:30 p.m. – 10:30 p.m.

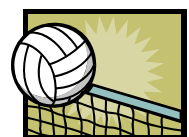
Volleyball – T/TH – 8:30 p.m. – 10:30 p.m.

Table Tennis – T/TH – 8:30 p.m. – 10:30 p.m.

\$3 for out of town residents – **ID REQUIRED**, gym may be closed for special events.

Please call the Community Center before you plan to arrive at 703-255-6360 to ENSURE the gym is open.

December – March (Gym closed December 24, January. 17, February 21, 23, and 24)





GENTLE YOGA AND MINDFULNESS MEDITATION - A MINI-SESSION s/c

Instructor: Cheryl Harlan, RYT (Registered Yoga Teacher, Yoga Alliance)

Enhance flexibility, improve balance, relieve stress, improve sleep and stimulate creativity with yoga. Each class begins with a joint freeing series of movements for the entire body. Some Yin Yoga, which holds poses longer for deeper muscular release will be integrated with other types of yoga, all with awareness of breathing techniques, postural alignment, shifting of energy, enhancing of balance, flexibility and strength will be presented each class. Most postures are demonstrated in a modified or simple form. Each class ends with a deep relaxation, including such techniques as body scans, progressive muscular release and guided imagery. **This class is presented through the discipline of mindfulness, which is a moment-to-moment awareness of the present. This discipline has been scientifically documented to positively improve one's level of health and fitness. Wear comfortable clothing, bring a sticky yoga mat and eye pad.**

ADVANCED REGISTRATION IS NECESSARY.

December 14, 21, 28,

342475 A1 - T - 9:30 a.m. - 11:00 a.m.

Fee: R \$27 / NR \$33.75 - Three classes

SENIOR FITNESS CHALLENGE

Instructors: Jackie Dantano

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise in a chair. Participants are asked to bring a water bottle, their own hand weights and stretch bands. Exercisers are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that if you have not had a regular exercise program for a while that you consult your physician if you are concerned about starting this exercise program.

Please note: In order to attend this class you must be formally registered. For In-Town of Vienna Residents over 65 there is no fee, however everyone must register to attend class. Please include your e-mail if you have one and an emergency contact person's name on your registration form. The class fee guarantees a minimum of 20 classes.

In-town of Vienna residents under 65 pay the resident fee listed below. In-town of Vienna residents over 65 may take the class for no fee. In case of snow make-up dates are March 29 and 31.

January 4 - March 24 (No class February 24)

343730 A1 - T/TH - 11:00 a.m. - 12:00 p.m.

Fee: R \$30 / NR \$40

*No fee for Town Residents 65 and over

BREAK- IT- DOWN ZUMBA – AN INTRODUCTORY COURSE s/c

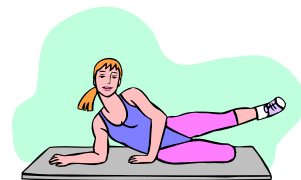
Instructor: Lupe Rother, Dancer

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? **Ooooooohh!** Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaeton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This an aerobic movement class where you move on your own without partners.

January 7 – February 18

333021 C1- F- 11:00 a.m. – 12:00 p.m.

Fee: R \$70 / NR:\$87.50 - Seven classes



WALKING PROGRAM NOTE

We do not have a formal registration for a walking program during the winter but folks generally meet in front of the community center on Mondays, Wednesdays, and Fridays at 10:00 a.m. to walk a three mile neighborhood route.

If you are interested, just show up and make new walking buddies! Newcomers are always welcomed.



ABC'S FOR SENIORS (AGILITY, BALANCE, COORDINATION) s/c

Instructor: Rosemary Reca, ACE Personal Trainer

This class is for older adults who want to improve and maintain their every day activities of daily living. The class includes balance exercises, a mild cardio workout, bending, squatting and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform most activities in a chair, and other movements while standing (holding on to a chair or ballet bar). The class uses hand weights, exercise bands, soft balls and other exercise props all available for you during the class. However, if you have your own hand weights and would like to use them, please bring them to class. The class runs for six weeks.

No snow make-up dates possible.

January 5 – February 9

342576 A1 – W – 1:30 p.m. – 2:30 p.m.

Fee: R \$60/ NR \$75 – Six classes



HEART AND SOLE CHAIR EXERCISE PROGRAM s/c

Instructor: Joey Wagner, SFA Certified Group Fitness Instructor

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, yet light hearted music, including (Broadway hits, big band, swing, oldies but goodies) will sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout **in a chair**, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Creative exercise props enhance the workout!

In case of snow, make-up dates are March 25 and April 1.

January 7– March 18 (No class February 25).

342476 A1 – F – 12:30 p.m. – 1:30 p.m.

Fee: R \$75 / NR \$93.75 - Ten classes



ATTENTION WRITERS



PLAN AHEAD AND MARK YOUR CALENDAR



11TH ANNUAL WRITING YOUR PERSONAL HISTORY SYMPOSIUM ON THURSDAY, MAY 12, 2011 - 10:00 a.m. - 2:00 p.m.

REGISTRATION WILL BEGIN DURING OUR SPRING REGISTRATION PERIOD:
IN-TOWNERS ON FEBRUARY 7, AND OUT-OF-TOWNERS ON FEBRUARY 14.



ALSO NOTE THE NEXT REGISTRATION TIME FOR OUR GROUP LED WRITING YOUR PERSONAL HISTORY CLASS WILL BE DURING OUR SPRING 2011 REGISTRATION PERIOD.

FOUNDATIONS OF WRITING: THE MEMOIR s/c

Instructor: Joanne Lozar Glenn, Award-Winning Independent Writer

If you are writing a memoir – or thinking of starting one – come to this writing circle. Here, we gather to write and read our work and to respond to others' work in a safe, supportive environment. We'll learn what kind of feedback is helpful in first drafts compared to more developed drafts, and instruction will be based on participants' writing. In-class writing exercises will get the ideas flowing. Writers are welcome to bring in more developed drafts for further feedback. **Snow dates are March 3 and 10.**

January 13 - February 24

342481 A1 – TH – 8:30 a.m. – 10:30 a.m. - Seven sessions

Fee: R \$70 / NR \$87.50



AARP DRIVER SAFETY COURSE INFORMATION
OUR NEXT COURSE WILL BE HELD IN APRIL OR MAY 2011.
TO FIND ANOTHER LOCATION GIVING COURSES NEAR YOU
CALL: 1-888-227-7669.



DROP-IN LEGAL SEMINARS WITH DAVID HOFFMAN, J.D. WILLS, TRUSTS, ESTATES

These programs meet on Mondays between 10:00 a.m. and 11:30 a.m. No registration is necessary. Simply mark your calendar and plan on attending.

December 13

IMPENDING DISASTER: THE NEW LAW OF WILLS AND TRUSTS

The clock is ticking. On January 1, 2011, the generous Estate Tax laws of the Bush Administration will go away. Persons who never had to worry about Estate Taxes before have to worry about them now. The solution, of course, lies with special forms of trusts. However, trust laws have also changed. In 2006, Virginia changed its trust laws. In 2007, the IRS changed its trust laws. Unless you know about all of these changes, and act accordingly, your kids could be paying hundreds of thousands of dollars in Estate Taxes – needlessly. Not to worry. “Impending Disaster” is a 90 minute presentation on what you need to know, what you need to do, and when you need to do it. So, unless you want the IRS to be your new beneficiary, you should plan to attend.

January 10

WHY GOOD WILLS GO BAD

Some wills just won't do their jobs. Is it any wonder? Shoved in drawers, locked-up in banks, pressed into the pages of dictionaries “between wile and willful”, the pitiful will is all but forgotten and somehow expected to make up for non-existent financial records, uniformed children, out-of-date bequests and ever-changing tax laws. Presented for the benefit of people with wills and people without them, “Why Good Wills Go Bad” is an eye-opening 90 minutes of common sense, common errors and a common need to follow through. Topics include: a review of Virginia Will Law; organizing your assets; when to change your will; talking to your executor; reducing probate; will copies; do-it-yourself tax plans and much more.

February 14

IMPENDING DISASTER: THE NEW LAW OF WILLS AND TRUSTS

The clock is ticking. On January 1, 2011, the generous Estate Tax laws of the Bush Administration will go away. Persons who never had to worry about Estate Taxes before have to worry about them now. The solution, of course, lies with special forms of trusts. However, trust laws have also changed. In 2006, Virginia changed its trust laws. In 2007, the IRS changed its trust laws. Unless you know about all of these changes, and act accordingly, your kids could be paying hundreds of thousands of dollars in Estate Taxes – needlessly. Not to worry. “Impending Disaster” is a 90 minute presentation on what you need to know, what you need to do, and when you need to do it. So, unless you want the IRS to be your new beneficiary, you should plan to attend.

THE NEW LAWS OF WILLS AND TRUSTS ARE SO IMPORTANT THAT THEY WILL BE PRESENTED IN BOTH DECEMBER AND FEBRUARY.



www.facebook.com/TownofViennaVA
www.twitter.com/TownofViennaVA



DROP-IN RECREATIONAL PROGRAMS AND ON-GOING MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on the holidays of 4th of July, Thanksgiving, Christmas, New Years, President Holidays, and on various other dates designated in the Town of Vienna Catalogue – see copy below.

It is the responsibility of all drop-in participants to keep catalogues handy to note when classes do not meet.

PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVISEABLE FOR A GROUP LEADER TO CHECK THE FRONT DESK ROOM RESERVATION LIST ONE WEEK PRIOR TO EACH SESSION AND TO NOTIFY REGULAR DROP-IN PARTICIPANTS IF THERE HAVE BEEN ANY CLASS CANCELLATIONS.

BLOOD PRESSURE CHECKS

Second Wednesday of each month – 10:45 a.m. – 11:30 a.m. No Reservation is required. Simply drop-in for a check-up.

Wednesday – December 8

Wednesday – January 12

Wednesday – February 9

PICKLEBALL

Mondays, Wednesday, Fridays - 11:00 a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. We have all levels of players in our groups including some Senior Olympic Pickleball Winners! **There will be no class on January 17, February 21 and February 25.**

TABLE TENNIS

Thursdays 8:00 a.m. – 9:00 a.m.

Join us for table tennis every Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members. **There will be no classes on February 24.**

CANASTA

Tuesdays 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Canasta.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. There is no formal instructor but there will be seasoned players willing to help others and coordinate the class. **Newcomers are welcomed to come out and participate at any session.**

MAH JONGG

Thursdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Mah Jongg

Mah-Jongg was first played by the ruling class of China and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. There is no fee. All abilities are welcome. **Newcomers are welcomed to come out and participate at any session. There is no class on February 24.**

DOMINOES DAY

Fridays - 1:00 p.m. – 4:00 p.m.

Come out and play dominoes with other friendly folks who enjoy the game. We meet in the senior lounge.

WALKING PROGRAM

We do not have a formal registration for a walking program during the winter, but folks generally meet in front of the community center on Mondays, Wednesdays, and Fridays at 10:00 a.m. to walk a three mile neighborhood route. So if you are interested, just show up and make new walking buddies! Newcomers are always welcomed.



CLUBS AND ASSOCIATIONS - The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

AMERICAN ASSOCIATIONS OF RETIRED PERSONS (AARP)

Group Coordinator: Irene Coyne – 703-938-0873

AARP holds a luncheon the first Monday of each month and a business meeting the third Monday of each month at 12:30 p.m. in The Vienna Community Center Auditorium.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE)

Group Coordinator: Shirley Keyes – 703-698-1838

NARFE meets the second Tuesday of the month at 1:30 p.m. in The Community Center Auditorium.

50-90 CLUB

Group Coordinator: Paul Schmitt - 703-255-4743

This group meets the third Saturday of each month for dinner and a special program at 5:00 p.m.

THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Richard Laporte – 703-204-4508

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.– 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.



BRANCH ROAD TOT LOT

Located at the intersection of Locust Street and Branch Road, SE. This park has playground equipment for children ages 2-5. There are no restrooms at this park.

GLYNDON PARK

Located on the north side of Maple Avenue on Glyndon St. It has two lighted tennis courts, a basketball court, ballfield, picnic areas with pavilions, playground equipment and restrooms. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees.

MEADOW LANE PARK

Located on the corner of Meadow Lane, Ware St and Courthouse Rd. This park has two lighted tennis courts, a basketball court, ball fields, playground equipment, restrooms and pavilions. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees below.

MOOREFIELD PARK

Located at 700 Courthouse Road adjacent to Nottoway Park. There is on-site parking with walking trails connecting to Nottoway Park. This is also the site of Vienna Dog Park.

NORTHSIDE PARK

Located at the end of Glyndon Street on the north side of Maple Avenue. The park is a slice of undisturbed woodland with winding trails. A hiker and biker connector boardwalk was completed in winter 2008. No restrooms.



PETERSON LANE PARK

Located on Malcolm Rd. NW and is jointly operated and owned by the Town of Vienna and Fairfax County Park Authority. This park has playground equipment, a basketball court, open fields and walkways. No Restrooms on-site.

SARAH WALKER MERCER PARK

Located at the corner of Nutley and Knoll St NW. This is a neighborhood park with walking paths, seating areas and an abundance of plant material. The park has the Town's first rain garden.

SOUTHSIDE PARK

Located on Ross Drive and is the site of Babe Ruth baseball, men's slow pitch, coed softball and youth football games. Playground equipment, sand volleyball court and basketball court are also available at this park.

VIENNA DOG PARK

Located at 700 Courthouse Road. This off-leash dog park is situated in Moorefield Park. The fenced 90 x 150 area is shaded with on-site water. Owners and dogs must follow posted rules and regulations. Dogs must be licensed by the Town of Vienna or Fairfax County. The park is open dawn to dusk. Please follow all rules and pick up after your dogs.

VIENNA TOWN GREEN

Located at 144 Maple Avenue East. Our newest park is in the Town center and is home to the Town Green Performance Series. The Town Green includes a plaza, lawn area, amphitheater, seating and picnic areas, restrooms and parking. The park has Wifi on site.

WILDWOOD AND STREAM VALLEY PARKS

A linear stream buffer park with a combination of asphalt, woodchip and natural trails.

SHELTER FEES

**Reservations are taken for Glyndon and Meadow Lane Park Beginning March 1, 2011
Shelters available beginning in April.**

Phone or In person reservations will be taken between the hours of:

8:00 a.m. - 4:30 p.m. Monday - Friday.

Shelters are available for groups up to 75 people.

Town of Vienna Groups - \$25 for 5 hours

Out of Town - \$50 for 5 hours

Bathroom Refundable Key Deposit - \$25

Electricity Fee - \$25

Fairfax County Park Authority (703-324-8702) and Northern Virginia Regional Park Authority (703-352-5900) also have park shelters.



VCC USE ONLY - DATE: _____
REGISTRATION ACCEPTED BY: _____

TOWN OF VIENNA PARKS AND RECREATION
120 CHERRY ST. SE
VIENNA, VA 22180
PH: 703-255-6360 / FAX: 703-255-6399
www.viennava.gov

10/09

CHECK ONE: Resident _____
Non Resident _____
CHANGE OF ADDRESS: Yes _____ No _____
EMAIL ADDRESS CHANGE: Yes _____ No _____

ONE HOUSEHOLD PER REGISTRATION FORM

HEAD OF HOUSEHOLD LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ WORK PHONE: (____) _____

CELL: (____) _____ EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ EMERGENCY PHONE NUMBER: (____) _____

PARTICIPANT NAME FIRST/LAST NAME	BIRTH DATE	M/F	ACTIVITY NUM- BER AND SEC- TION (222222 A1)	ACTIVITY NAME	FEE
SAM SAMPLE	1/2/03	M	222222 B1	GYMNASTICS	\$32

PAYMENT METHOD

CHECKS MADE PAYABLE TO: TOWN OF VIENNA
CASH (EXACT CHANGE ONLY)
CREDIT CARD:

Total: _____
Total: _____
Total: _____

AMERICAN EXPRESS _____ Exp date: ____/____/____

DISCOVER _____ Exp date: ____/____/____

MASTER CARD _____ Exp date: ____/____/____

VISA _____ Exp date: ____/____/____

SIGNATURE: _____
(I AGREE TO PAY ABOVE CREDIT CARD TOTAL)

Total Fees: _____

Less Household
Credit: - _____

Total Paid: _____

PLEASE REVIEW OUR
REFUND POLICY
BEFORE
REGISTERING FOR
CLASS.

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program & associated activities, I hereby release the Town of Vienna, Virginia & its officers, employees, agents, & volunteers from any & all liability relating to or arising out of the registrant's participation. The Town neither endorses nor provides any financial advice or counseling and financial counselors and/or lecturers are not employed by the Town. Any registrant to a financial counseling seminar or lecture assumes all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents & volunteers, at any such person's discretion to administer emergency first aid treatment & at my expense to obtain the services of a physician(s) and/or rescue squad & authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE: _____

NEW !!!!

PARENT PROGRAM: SOCIAL NETWORKING, CYBERBULLYING & UNDERSTANDING THE IMPORTANCE OF A POSITIVE ONLINE DIGITAL REPUTATION

Ages: Adult

Instructor: Iris Beckwith, President of connectED4safety, LLC

Ms. Beckwith has 17 years of prevention education experience with Childhelp USA, the Internet Keep Safe Coalition, and has provided training to Penn State University's Department of Education, D.A.R.E. America, Schoolwires, Inc. and many other organizations. During her informative session you will learn information about the latest trends in social networking, Facebook, cyber bullying, texting, sexting, GPS tracking and the effects on teens. Also, you will get information on how to monitor your child's technology use and ways to manage their digital footprint. This seminar will offer up to date information on the ever changing technology in your child's life. Please register in advance. The seminar is free and open to all parents and other community members invested in our children's welfare.

January 26

322300 A1 – W – 7:00 p.m. – 9:00 p.m.

Free

UPCOMING EVENTS

November 13 - Vienna Women's Club Harvest Bazaar

November 13 - Bowman House Arts and Crafts Center Pottery Show and Sale

November 20 - Open Mic Night

November 29 - Church St. Stroll

December 11 - Lunch With Santa

December 12 - United States Army Band Concert Trip

December 18 - Open Mic Night

January 21, 22, 28, 29, 30, February 4, 5 and 6 - Vienna Theatre Company Presents "Almost Maine"

February 13 - Annapolis Bluegrass Concert

February 25, 26, 27 - Antiques Show and Sale

TBA - Philadelphia Flower Show Trip

March 17, 18, 19, 20 - Photo Contest and Exhibit (Entries accepted March 17 and 18 / Show is March 19 and 20)

